

Cool Salads

Salads are a great way to obtain the nutrition necessary for a healthy life. Experiment and enjoy many different varieties of vegetables, fruits, nuts, seeds, and your own dressings. The list of recipes is endless and only limited to your own imagination.



Mediterranean Tuna Pasta Toss

2 cups (6oz) uncooked medium whole grain shell pasta
1 small cucumber, sliced
1/2 small red onion, sliced into thin wedges
1 cup grape tomatoes, halved
10 pitted kalamata olives, coarsely chopped
5 cups Mediterranean salad blend (*escarole, leaf lettuces, radicchio and endive.*)
12 oz solid white albacore tuna packed in water, drained and flaked
1/2 cup crumbled feta cheese

1. Cook pasta according to package directions. Drain and rinse under cold water.
2. Slice cucumber and cut slices in half. Slice onion into thin wedges. Cut tomatoes in half. Coarsely chop olives.
3. Place pasta in large bowl; add vegetables, olives, greens and tuna. Pour vinaigrette over salad, tossing to coat; sprinkle with cheese.

Yield 6 servings



Tropical Turkey and Spinach Salad

8 oz deli roast turkey breast
1/2 cup diced red bell pepper
1 mango, cut into 1/2 inch cubes (1 cup)
2 hard-cooked egg whites, coarsely chopped
1/4 small red onion, sliced into thin wedges
6 oz fresh baby spinach leaves
1/4 cup sliced almonds toasted

Yield 4 servings

1. Slice turkey into 1 inch stripes and dice bell pepper.
2. Cut mango into 1/2 inch cubes. Coarsely chop egg whites. Slice onion into thin wedges.

3 place spinach in large bowl; add turkey, bell pepper, mango, egg whites and onion. Whisk dressing; pour over salad, gently tossing to coat. Sprinkle with almonds. Serve immediately.

Tropical Apricot dressing

3 tablespoons apricot preserves	2 tablespoons honey
2 tablespoons cider vinegar	1/4 teaspoon salt
2 teaspoons olive oil	1/8 teaspoon ground black pepper

Combine preserves, vinegar, oil, sugar, salt, and black pepper in small bowl. Wisk until blending; cover; refrigerate until ready to use.

Cranberry, Feta, Spinach Salad

Spinach leaves	Craisins
Feta cheese -- crumbled	Walnuts -- chopped

All ingredients according to desired amounts.

Mix all ingredients, add onions. Toss with dressing at serving time. Add toasted pecans or walnuts right before serving; stir. This can be served warm or cold.

Serve with Oriental Dressing - make your own or use Hellman's.

Mexican Frito Salad

Romaine lettuce
15 ounces dark red kidney beans -- rinsed and drained
Black olives -- sliced and rinsed
Chopped green onion
2 tomatoes -- chopped
Organic corn chips
1 cup grated cheese
Dressing - Zesty French or Tangy Sweet Russian
Optional: 1/2 pound of seasoned ground meat



Place ingredients in a salad bowl. Toss with dressing and chips at serving time. Homemade dressings are great with this salad. Great with hamburgers and Mexican food..

Frozen Fruit Salad

2 cups nonfat yogurt -- vanilla or plain
1/4 cup honey
4 ounces lite cream cheese
9 ounces pineapple tidbits
1/4 cup pecans
1 cup mandarin oranges -- drained
Serve size 10-12.

1 banana
1 can whole berry cranberry sauce

Mix all ingredients.
Freeze 4 hours.



Garlic Croutons

2 garlic cloves -- minced
1 tablespoon water
1 teaspoon olive oil

5 slices whole grain bread
1 teaspoon seasoning salt or Cajun seasoning

Sauté garlic in oil; add water.

Add bread cubes, tossing to coat.

Spread on baking sheet, and bake at 325' approx. 15-20 minutes.

Spinach Salad with Poppy Seed Dressing

1/2 cup sucanat with honey
1 teaspoon dry mustard
1/2 cup apple cider vinegar
1 teaspoon celery salt
1/2 cup honey
2/3 cup olive oil

Spinach -- torn in bite size piece
Bananas -- sliced
Strawberries -- sliced
Pineapple -- sliced
Walnuts -- toasted

Mix dressing ingredients with blender, food processor, or whisk. Add 1-2 teaspoon poppy seeds. Keep in refrigerator. Bring to room temperature before using.

Pour over salad(spinach, fruit and walnuts).

ORANGE SALAD VARIATION

Using above recipe use Mandarin oranges instead of the fruit listed above. Use the same dressing and nuts.

Dressings

Making your own dressings will be a little intimidating at first but you will find these recipes very tasty and much more enjoyable than store bought. When purchasing dressings from the store they usually contain MSG and other preservatives that are not healthy choices.

There are some nice glass bottles that can be used for the dressings at your craft store or you can use your store bought dressing bottles. Make sure you label the bottle with name and date made. Homemade dressings do not last as long as store bought. It is best to use within 2-3 weeks.

Basic Vinaigrette

- 1 cup olive oil
- 1/2 cup red or white vinegar
- 2 cloves garlic, minced
- 3 tablespoons parmesan cheese
- 1 teaspoon Dijon mustard
- 1/4 teaspoon black pepper



Place all ingredients in blender or just use a whisk. Mix and store in air tight glass container in refrigerator.

Optional change: Substitute balsamic vinegar and add garlic or favorite herbs.

Yield: 2 cups

Cranberry vinaigrette

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| 3 tablespoons cranberry juice | 2 garlic cloves, minced |
| 3 tablespoons olive oil | 1 teaspoon dried oregano |
| 1 tablespoon lemon juice | 1/4 teaspoon salt |
| 1 tablespoon honey | 1/8 teaspoon pepper |
| 2 green onions, finely chopped | |

Mix all ingredients and toss on your favorite salad

Tangy Sweet Russian Dressing

1/4	cup Olive oil	1/4	cup safflower oil
1/4	cup honey	1/4	cup ketchup
2	tablespoons apple cider vinegar	1 1/2	teaspoons soy sauce
1/8	teaspoon dry mustard		
1	teaspoon Ginger		

Mix all above with whisk. Store in air tight bottle in refrigerator.



Zesty French Dressing

1 small onion - minced	1 ½ teaspoons salt
2/3 cup olive oil	1 teaspoon mustard
½ cup sucanat	1 teaspoon paprika
1/4 cup apple cider vinegar	1 clove garlic, minced
2 tablespoons organic catsup	½ teaspoon celery seed
1 ½ teaspoons Worcestershire Sauce	



In a blender or food processor, process all ingredients until smooth and thickened. Cover and refrigerate for at least 1 hour.

Foods with Highest and Lowest Pesticide Residue

So, what fruits and veggies are best and worst when it comes to pesticide residues? Here is a summary of pesticides-in-food data. The main source is research conducted by the Environmental Working Group (EWG), but these results have been augmented with additional information from analyses performed by Charles M. Benbrook, PhD, an agricultural specialist, and by Consumers Union. There are four categories, ordered left to right from worst to best.

Avoid unless Organic 	Use Caution	Better... Not Perfect	Best of the Bunch 
Peaches Apples Sweet bell peppers Celery Nectarines Strawberries Cherries Carrots Pears Froz winter squash	Spinach Grapes Lettuce Potatoes Green beans Hot peppers Cucumbers Mushrooms Cantaloupe Oranges Fresh winter squash	Apple sauce Raspberries Plums Grapefruit Tangerine Apple juice Honeydew melon Tomatoes Sweet potatoes Watermelon Cauliflower	Broccoli Orange juice Blueberries Papaya Cabbage Bananas Kiwi Canned tomatoes Sweet peas Asparagus Mango Canned pears Pineapple Sweet corn Avocado onions

The closer to the left a food item is on the chart, the harder you should try to buy only organic for that item. In particular, avoid non-organic purchases from the two left

columns, especially the “avoid ”. Even the foods listed in the  column were not always found to be pesticide-free, but they were consistently low in pesticide residues and are your best choices for non-organic food.

An EWG simulation showed that people can lower their pesticide exposure 90% by avoiding the most contaminated fruits and vegetables.